This ain't no Cat in the Hat

I Could Pee on This: And Other Poems by Cats aims to get inside the minds of our feline friends PAGE 6

BIDING HIS TIME

WHITE CITY'S RYAN MURRAY LOOKS TO DOMINATE THE JUNIORS WHILE AWAITING HIS CHANCE TO SUIT UP FOR THE BLUE JACKETS PAGE 14

SASKATOON metro®

Monday, October 1, 2012

News worth sharing.

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Northern Pikes among those to make a splash at WCMAs

Pride of the West. Pioneering band inducted into hall of fame at WCMA gala

JEFF MACKEY
Metro in Regina

The best in the West were honoured last night at the Western Canadian Music Awards.

Among the plethora of western music talent to gather at the Casino Regina Show Lounge, one Saskatchewan band was given some well-deserved special attention — the Northern Pikes.

The band, best known for songs like She Ain't Pretty and Girl With A Problem, was inducted into the Western Canadian Music Hall of Fame at last night's gala.

"I feel like we have always been introduced as the Northern Pikes from Saskatoon, Saskatchewan," said Northern Pikes frontman Jay Semko. "That has always been important to us. There has always been a real sense of Western Canadian pride about that."

The Northern Pikes were pioneers in Western Canadian music in the '80s and '90s. They managed to not only break out of Saskatchewan and into the Canadian market but also garner a great deal of American success as well.

"You could look at it as a handicap — being based out of an isolated spot — but we always looked at it as a positive," said Semko. "I think people sort of found Saskatchewan to be a very exotic place."

Semko sees plenty of cause for optimism when he surveys the music scene in Western Canada.

"Now I would say the (music) community is becoming tighter-knit and a little more unified," said Semko. "There are so many really good acts coming from out West, even from Saskatoon, my hometown. I mean, the Sheepdogs are on the cover of Rolling Stone."

Follow Jeff Mackey on Twitter @MetroJeffMackey

Quoted

"We always put songwriting first because we knew that that was the thing that was going to advance us and get us noticed. Plus we always just loved playing in front of people."

Jay Semko of the Northern Pikes

Canadian music darling Jill Barber displays her award at Sunday night's Western Canadian Music Awards in Regina. Barber won in the best jazz recording category for her album Mischievous Moon. JEFF MACKEY/METRO

Seeing STARS

The air-ambulance service's new Regina HQ provides facilities for rescuers to be on call 24 hours a day PAGE 2

Sex sells

A Brazilian woman auctioning off her virginity to help poverty-stricken families has raised $160K so far PAGE 3

NEWS 1

STARS air ambulance opens new Regina HQ

New office and hangar. Another link in Sask. 911 response

ROB BROWN
rob.brown@metronews.ca

As fall brings new concerns for road safety, a newly opened headquarters in Regina is helping provide support from above.

Saturday marked the opening of the Shock Trauma Air Rescue Society office at the Regina International Airport.

"There are always more concerns when roads are bad, and always the possibility for more accidents," says STARS spokesperson Kelly Brossart.

She said with fall well underway and winter on the horizon, weekends bring additional concerns.

"Weekends are a busy time, the highways are busier, and with more people out recreationally on ATVs there is more risk," said Brossart.

Four died this weekend on Saskatchewan roads, including a 35-year-old man from Saskatoon who drove head-on into an RCMP cruiser.

Brossart said with 80 Saskatchewan flight missions completed already this year, STARS is becoming an important link in the 911 response chain. "We are about improving outcomes. For patients, we are transporting people on the worst day of their lives," Brossart said.

The new headquarters comes with crew quarters and overnight facilities for pilots and an air medical crew to be on call 24 hours a day.

Regina started flying night missions last month after previously operating only 12 hours a day from 7 a.m. to 7 p.m. STARS first launched in April in Saskatchewan and is expected to open an office and hangar in Saskatoon within the next eight weeks.

A new headquarters for STARS air ambulance at the Regina International Airport will add a vital link to the 911 responder chain in Saskatchewan. An office and hangar is slated for Saskatoon this fall. CONTRIBUTED

Fatal accidents over the weekend

- **Sunday.** A two-vehicle crash between a minivan and truck north of Saskatoon resulted in one occupant being thrown from the minivan and pronounced dead on the scene.
- **Friday.** A vehicle was travelling southbound in the northbound lane south of Chamberlain, when it struck a parked police vehicle head-on. The driver of the vehicle, a 35-year-old man from Saskatoon, was pronounced dead on the scene. In Regina, a pedestrian died after being struck by an SUV on Victoria Avenue at approximately 9:30 p.m. Also in Regina, police responded to a two-vehicle crash at the corner of Dewdney Avenue and Pinky Road at approximately 9:50 p.m. A grey Honda was travelling on Dewdney when it was struck by a vehicle travelling northbound on Pinky Road. The driver of the grey Honda later died in hospital.

Mobile news

Qriket

Just when you thought society couldn't get any weirder, along come Bagel Heads. Scan the code to find out how to become one.

Grey Cup doused with green glory

Ryan Miller, Kelsey Miller and their dad, Clay Miller, pose with the Grey Cup on Sunday near Mosaic Stadium. The coveted trophy was in Regina as part of its 100th-anniversary train tour. The cup's next stop is Saskatoon on Monday, when the train will stop at the station at Pendygrasse and Fairlights roads at 10 a.m. for a fan celebration. JEFF MACKEY/METRO

First of 6 concerts

Symphony offers more intimate music experience

Residents looking for an intimate introduction to classical music can put an end to their search.

The Saskatoon Symphony Orchestra (SSO) Chamber Ensemble held the first concert of its annual Players' Choice Sunday Concert Series over the weekend. Organizers say these performances provide the audience with a more intimate musical experience.

"You can have a personal experience at a large concert as well, but you're not going to feel as connected to the musicians," said Michael McCoy, marketing director for the SSO.

"Some of (the musicians) are very comfortable about getting up and talking about the piece they're about to play and why it means something to them, so it does create a back-and-forth," he said, noting that kind of interaction wouldn't usually occur at a larger event.

Michael Swan, concertmaster for the Saskatoon Symphony Orchestra. MORGAN MODJESKI/METRO

Made up of the symphony's 10 core musicians, the concert series, which runs from Sept. 30 through April 21, provides the performers with some creative free rein, as they get to select their own music. MORGAN MODJESKI/METRO

Vancouver

Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research. THE CANADIAN PRESS

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. THE ASSOCIATED PRESS

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. THE ASSOCIATED PRESS

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an 11-year conflict that now garners little public interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after most foreign troops depart in little more than two years. THE ASSOCIATED PRESS

A U.S. air force pararescueman drapes a flag over a soldier killed in a July 2010 attack in Afghanistan. THE ASSOCIATED PRESS FILE

Bidding reaches $160K as woman, 20, auctions off her virginity

Airplane encounter.
Proceeds will go toward poor families in Brazil

TAKARA SMALL
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Online

- To see a video about the auction, visit metronews.ca.

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached $160,000 US. Migliorini hopes to use proceeds from the tryst towards helping poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called Virgins Wanted, produced by an Australian film company. Bidding for Stepanov reached $1,300 US.

Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeaumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

Quoted

"People want to make comparisons to the past, but things totally change."
Nelson Wiseman, political science professor, University of Toronto

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

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SGI CANADA

CRA uncovered millions in unpaid GST: Documents

Gaming the system. Credit-check project targeting 439 firms reveals holes in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost $3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd.

Banks and other financial institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part of a wider effort to flush out some of the estimated $35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday to protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that included high taxes on the wealthiest, but critics say it lacks fundamental reforms that could jumpstart economic growth. MICHEL EULER/THE ASSOCIATED PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Oily business practices?

Irving Oil charged with price fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS

Users could wait up to 60 days for BB10 keyboard

RIM's first set of phones running the BlackBerry 10 operating system will have touchscreen keyboards but not physical ones. The Qwerty version will come about "30 to 60" days later. DAVID FRIEND/THE CANADIAN PRESS FILE

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic ploy by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company needs to gain market share in the touchscreen segment, especially to address a trend in which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

CEO

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard."

RIM CEO Thorsten Heins

The physical keyboard is popular often with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

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New standards. StatsCan to revise economic history

Statistics Canada is about to retell the country's economic history for the past 30 years in a new move that will also provide more insight into murky economic concepts.

Starting Monday morning, the federal data agency will issue a comprehensive revision to economic data of the past 30 years, introducing new measures and changing the definition of others.

The exercise — two years in the making, and designed to comply with revised international standards of economic measurements set out in 2008 — will put Canada in the forefront of nations, along with Australia, in adopting the new way of measuring economic performance.

Others have pledged to follow: the United States in 2013 and Europe in 2014.

Some gross-domestic-product numbers will likely move marginally up, in part because research and development will be capitalized, and some services will be added to the export tally.

THE CANADIAN PRESS

Recovery. Data shows a sluggish U.S. economy

Anyone puzzled by the most recent U.S. economic data has reason for feeling so: The numbers sketch a sometimes contradictory picture of the economy.

We've learned that consumers are more confident, but aren't spending much. Fewer people are losing jobs, but not many are being hired. Home and stock prices are up, but workers' pay is trailing inflation. Auto sales have jumped, but manufacturing is faltering.

This is what an economy stuck in a slow-growth rut can look like, and it's a focal point of the presidential campaign.

The U.S. economy grew at a scant 1.3 per cent annual rate in the April-June quarter — too weak to reduce high unemployment.

Many Americans are reducing debt instead of spending freely. Builders are borrowing less and constructing homes at a modest pace. Businesses are being cautious about hiring and expanding. In the long run, reduced debts and rising home and stock prices will help rebuild household wealth, boost consumer spending and spur job growth. But it's taking time.

THE ASSOCIATED PRESS

HARVEST MOON FORTUNE OURS TO REAP

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

It's a harvest moon.

According to that usually reliable source, the Farmer's Almanac, the harvest moon is the full moon that occurs closest to the harvest, not to be confused with the hunter's moon, which is the next one.

Makes sense. Once the harvest is in the bins, the farmers head out for the marshes and lie in the puddles, waiting for ducks.

The harvest moon happens once a year, and this year it was almost too late. A combination of near-perfect conditions means that as of last Monday 89 per cent of the 2012 crop was already in the bins and the rest of it was ready to cut.

This year's harvest, good as it is, includes an extra bonus bumper crop: humans. The province's population grew by 22,154 over the past year, the highest number since 1921. And the last quarter has been completely unprecedented: The population grew by 6,851, the largest since Statistics Canada started keeping quarterly records.

People in other provinces have decided that Saskatchewan is where it's at. That includes — gasp — 175 from Alberta, which does not have a long track record as a breeding ground for residents of Regina, or Saskatoon.

A reason to howl

Remember that the harvest moon is a full moon, so it's hard not to get a little delirious about all the good things laid across the table. After decades of deprivation, it almost makes you want to throw back your head and howl.

Remember that the harvest moon is a full moon, so it's hard not to get a little delirious about all the good things laid across the table. After decades of deprivation, it almost makes you want to throw back your head and howl. Admit it: The sound of 1,079,958 people howling at the moon would be awesome.

Of course, in a place where your nearest neighbour can be 100 klicks down the road, it's starting to feel a little crowded. On those occasions when you have to go downtown, there's someone in your favourite parking spot. The street is cluttered with ... pedestrians! What's with that?

All these interlopers also need a place to live, which means it costs more to buy your little piece of Saskatchewan — real-estate prices in Regina and Saskatoon are projected to buck the national trend and increase by seven per cent over the current quarter. The average cost of a house in the cities is more than $300,000. There was a time, not so long ago, $300K could buy you the Bessborough, or Hotel Saskatchewan.

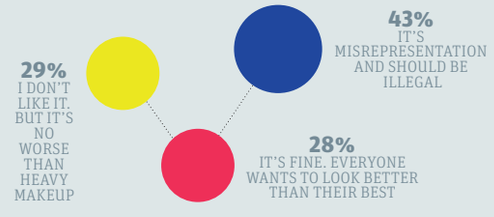
Apart from those few minor irritants, the horn of plenty is full to the brim. The trick now is to keep it that way, as past experience tells us good times ain't built to last. That's up to Premier Brad Wall, who is poised to deliver his first economic-vision statement this month in many a moon. His last one, in 2004, coincided with the province's current eight-year boom.

Let's hope his luck holds, at least until the next harvest moon.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How do you feel about Photoshopping in magazines?


43%
IT'S MISREPRESENTATION AND SHOULD BE ILLEGAL
29%
I DON'T LIKE IT. BUT IT'S NO WORSE THAN HEAVY MAKEUP
28%
IT'S FINE. EVERYONE WANTS TO LOOK BETTER THAN THEIR BEST

Foam's up, dude!

CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO

Cause

Dead algae behind foamy mass

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms that are whipped up by high gales and eventually build up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden of Dunedin, New Zealand
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit metronews.ca

Man's cut-above-the-rest efforts rewarded

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Admit it, when mowing the lawn, how often do you stop right at the line dividing your yard from your neighbour's?

Well, we could all learn something from Glenn Iwanicha, who each week tends to his parents' plots at Saskatoon's Woodlawn Cemetery, and definitely doesn't stop right at the line.

He cuts the grass on more than 300 other plots.

Each time, it takes about two hours, and Iwanicha is happy to use his own mower and gas.

In the five years he's been doing this work, his energy for the task has never failed — but recently his lawnmower broke down.

Iwanicha's good deeds haven't gone unnoticed, though. When other visitors with family buried at the cemetery heard about the mechanical troubles, they called on Lambert Distributing for help.

On Sept. 7, the company presented Iwanicha with a new lawnmower — which is all he needs to continue going the extra mile.

CRAIG AND MARC KIELBURGER
Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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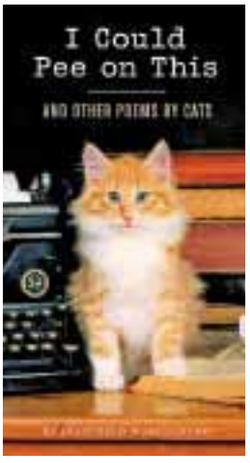
SCENE 2

Poems written by your cat



Literature. In his best-selling book, I Could Pee on This: And Other Poems by Cats, Francesco Marciuliano decodes a kitten's mind

ROMINA McGUINNESS
scene@metronews.ca

Call this guy William Shakespaw / THINKSTOCK

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?
Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?
People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.
Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?
Yes I do. Unlike what people think, I don't think they would be emotionally distant.

I Could Pee on This

Her new sweater
doesn't smell of me
I could pee on that
She's gone out for
the day and
left her laptop on
the counter
I could pee on that
Her new boyfriend
just pushed
my head away
I could pee on him
She's ignoring me
ignoring her
I could pee
everywhere
She's making up for
it
by putting me on
her lap
I could pee on this
I could pee on this

I Lick Your Nose

I lick your nose
I lick your nose
again
I drag my claws
down your eyelids
Oh, you're up?
Feed me

Who Is That On Your Lap?

THERE'S ANOTHER CAT IN THE HOUSE
A CAT I'VE NEVER SEEN
A MUCH YOUNGER CAT
YOU SEEM TO KNOW HER NAME
YOU ACCIDENTALLY CALLED ME BY HER NAME
RIGHT IN FRONT OF THE LAMP
AND MY FRIEND THE THROW PILLOW
I'VE NEVER BEEN SO HUMILIATED
I MAY NEVER LOVE AGAIN

On the web

Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shots fired as violence erupts at BET Hip-Hop Awards

THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.

Twitter

@kelly_clarkson
So I recently started acupuncture and yoga ....next thing you know I'll be going to coffee shops and writing in a journal Whatever works

@ZacharyQuinto
if you don't want to listen to a liberal gay marriage supporting actor type... then don't.

@JonahHill
My feelings are more important than yours

@Joan_Rivers
There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.

Ashton Kutcher.
ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMYMUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL
yummymummyclub.ca

Following your child's school bus could affect her confidence. ISTOCK

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy, "I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my|) kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

On the web

Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.

A fever? Keep cool, calm

DR. KIM FOSTER
yummymummyclub.ca

Knowing how to use a thermometer is important. ISTOCK

Your child is burning up. What do you do?

Taking a temperature
Taking an accurate temperature is essential. Get yourself a good digital thermometer and learn how to use it.

Managing a fever
A helpful guideline to keep in mind is this: Treat the child, not the reading on the thermometer. Light cotton pajamas will allow excess body heat to escape. Drinking plenty of cold liquids will help cool and prevent dehydration. If you've done your best and your little hot potato is still uncomfortable, go ahead and give medication. Your options include acetaminophen (Tylenol, Tempra) and ibuprofen (Advil, Motrin).

When a fever becomes complicated: febrile seizure
Witnessing your child having a febrile seizure can be terrifying. It's important to remember that the seizure itself is harmless. A febrile seizure won't cause brain damage or any other serious health consequences. If you suspect a seizure, act quickly to prevent injury. Place your child on a flat surface away from dangerous objects. Turn him on his side to allow vomit or saliva to drain, but don't restrain him. Don't put anything in his mouth. Most febrile seizures last less than one minute. If the seizure lasts longer than three minutes, or if your baby is less than six months old, you should call 911. Otherwise, visit your doctor within a few hours to rule out factors that might have triggered the seizure.

See your doctor if:
The child with the fever is less than six months old; the fever is (over 39.4 C or 103 F) in a child older than six months of age; the fever lasts longer than 72 hours; there are signs of dehydration such as dry mouth and tearless crying,

With a logical and calm approach, you and your kiddo will get through the fever.

An extra loud and tasty crunch

ROSE REISMAN
for more, visit
rosereisman.com

The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole
- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken
- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve
- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

Tortilla Chip-Crusted Chicken with Guacamole and Salsa

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.

Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.

Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat
Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.

Chicken Pot Pie. Modern take on the classic dish

This updated recipe takes 10 minutes to prepare and about 50 minutes to cook, so it can be ready for dinner in a snap.

Make a double-crust pot pie by using a second pie shell; follow package directions for a double-crust pie.

1. Heat oven to 190 C (375 F). Remove pie shell from freezer and let thaw for 10 minutes. Meanwhile, defrost frozen vegetables in microwave, draining excess water.

2. Sauté onion. In a large bowl, mix chicken, vegetables, sautéed onion, garlic, soup and milk. Season with pepper.

3. Pour into pie shell; bake for 30 to 40 minutes or until crust is golden brown and filling is bubbling.

THE CANADIAN PRESS/ TENDERFLAKE

Ingredients

- 1 frozen pie shell
- 250 ml (1 cup) frozen mixed vegetables (corn, carrots, peas, beans)
- 50 ml (1/4 cup) finely chopped onion
- 500 ml (2 cups) cooked chicken breasts, chopped into 1-cm (1/2-inch) pieces, or leftover chicken
- 5 ml (1 tsp) minced garlic
- 1 can (284 ml/10 oz) cream of mushroom soup
- 125 ml (1/2 cup) milk
- Coarse ground black pepper, to taste

Fall calls for Creamy Chicken and Potato Casseroles

The combination of a chill in the air and the chaos of kids setting back into their school routine means many families are looking for easy, warming one-pot meals that come together quickly and with little mess or fuss.

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken.

Add a few vegetables and a creamy sauce made from pantry staples, and dinner's on the table in no time.

Some folks may turn up their noses at using cream-of-anything soup in a casserole. But busy families have been turning to it for decades for three simple reasons — it works, it's delicious and it's effortless.

1. Heat the oven to 400 F.

2. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Dave Hale PROVIDED

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

• Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

• Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

• Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

Climbing up the ladder to a longer life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

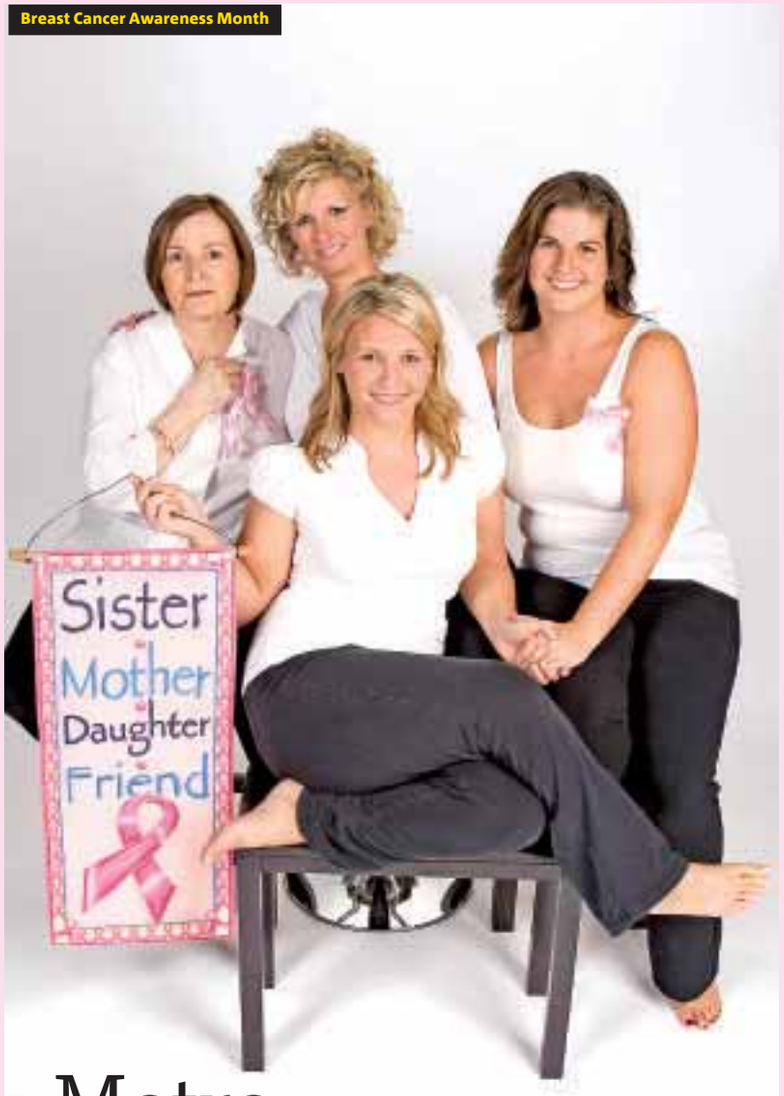
"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

THE CANADIAN PRESS

Breast Cancer Awareness Month



Metro thinks *pink*

‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

Kate Kerr with son’s Samuel, left, and Gabriel. CONTRIBUTED

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

BRIGITTE NOEL

Recovery. Survivor crusades for restorative options after mastectomy

A decade after her first breast cancer diagnosis, Naneve Hawke was told she was cured. She would only have a month to revel in this good news: a mammogram soon revealed the cancer had returned, and that this time, her breast would have to be removed.

Hawke was rattled. “I just couldn’t fathom waking up with nothing there,” she says of the mastectomy. “You have this constant reminder of cancer on your chest every time you look at yourself.”

After days of online research, Hawke approached her doctor with a request for a skin-sparing mastectomy and same-day reconstruction: her cancerous tissue would be removed and a new breast mound would replace it, in one fell swoop.

Hawke says many women are unaware of their options when it comes to reconstructive breast surgery. While same-day reconstruction isn’t available to all, medical advances now make it possible for most breast cancer patients to consider some version of the procedure. Surgeon Toni Zhong says reconstruction has come a long way in the last decade. “It’s fantastic now,” she says. “Even the implants that we’re dealing with are much more natural appearing, and now we use patients’ own tissue, their own body parts to restore their breast so it’s basically as natural as possible.” Zhong stresses the procedure is about healing, not vanity. “I think it’s vital for women to feel that when they look down on their chest, that they have gotten over that cancer stage,” she says.

October 17 marks National Breast Reconstruction Awareness Day. Visit bra-day.com.

METRO WORLD NEWS

National BRA day is October 17. ISTOCK

Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

Exclusively online

Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.

The centre of the

Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?

Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivel of my life!"

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."

Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do . . . what?'. . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly.

Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.

ISTOCK IMAGES

circle

Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: Anticancer: A New Way of Life by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS COMPILED BY KATHY ULLYOTT

John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steadying rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca

'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. Things I Wish I'd Known: Cancer Caregivers Speak Out, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastecomy women. lavieenrose.com

Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

SPORTS 4

Murray focused on being the best in WHL

Waiting to go pro. Second-overall pick from White City wants to be dominant in junior while waiting on end to lockout

It's not often a player goes back to junior after playing against top NHL performers in the senior men's world hockey championship.

But Ryan Murray is an exception.

Last spring, Murray, then 18, became the first teenager to suit up at the world championship held in Finland and Sweden before he was drafted. The defenceman was the second-youngest player to compete in the tournament since former NHL star Paul Kariya in 1993.

Murray's strong showing prompted the Columbus Blue Jackets to choose him second overall in this summer's NHL entry draft. But the White City native now finds himself back in the WHL for a fourth season with the Everett Silvertips due to the NHL lockout.

"It's definitely different," he said following a recent game in Vancouver against the Giants. "You go from playing with the men and some of the best players in the world back to junior.

"I just want to take what I learned at the world championships, how guys prepared and just try and teach some of the younger guys here, just kind of show them what it takes."

Murray, who turned 19 on Thursday, is considered ready for the pro ranks. But due to NHL age restrictions, he can't play in the minors.

There is no question this will be his final WHL campaign. If the lockout scraps the entire season, he will be eligible for the NHL or the minors in 2013-14.

The only question is how soon he will give up his elder-statesman status with the Silvertips to become a rookie with rebuilding Columbus.

"I just want to do as well as I can here, focus on winning here in Everett and just, really, doing what I can," said Murray, who has four points in as many games. "I want to be a dominant player in the league while I'm here and just be prepared if I get the call up to Columbus."

Murray displayed his dominance Friday as the Silvertips beat the Giants 5-3, recording an assist and finishing plus-three on the night in Everett's first win of the season.

"We're fortunate — for however long we have him — for our young kids to see exactly what Ryan Murray's all about," said Everett coach Mark Ferner.

"What makes him such a special kid is how he treats people. He doesn't get down. He doesn't complain about anything. He goes about his business. He's the hardest worker off the ice, he's the hardest worker on the ice and he makes people around him better." THE CANADIAN PRESS

Quoted

"He's a horse. He just never gets tired."

Everett Silvertips coach Mark Ferner on defenceman Ryan Murray

White City's Ryan Murray is captaining the WHL's Everett Silvertips as he awaits his chance to suit up with the Columbus Blue Jackets. JAMIE SABAU/GETTY IMAGES

NHL negotiations

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

- The NHL drug policy, which was a key component of talks Friday, when the sides got together for the first time since the NHL imposed the lockout on Sept. 16, was the focus of talks again on Sunday.
- Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will also be included in any new agreement.

Mobile sports

Qriket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

NFL. Packers overcome more ref controversy in victory over Saints

Aaron Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Green Bay Packers shook off a week's worth of controversy with a rally to beat the New Orleans Saints 28-27 on Sunday.

With Packers fans howling about what appeared to be yet another bad call — this time by the regular officials, not the replacements — Garrett Hartley missed a 48-yard field goal attempt with just under three minutes remaining, costing the Saints a shot at the lead.

Rodgers threw for 319 yards with four touchdowns and an interception for the Packers (2-2).

It was a sigh of relief for the Packers, who spent most of the week in the middle of a firestorm after a last-second call by replacement officials cost them a game at Seattle on Monday night. THE ASSOCIATED PRESS

By the numbers

47

Saints QB Drew Brees has thrown at least one TD in 47 straight games, tying the NFL's all-time mark set by Johnny Unitas.

Golf. Ryder Cup slips away from U.S. on final day

Europe won the Ryder Cup, Sunday, completing a historic comeback from a four-point deficit to beat the United States.

Martin Kaymer delivered the crucial point with a one-up victory over Steve Stricker late Sunday in Medinah, Ill., and Tiger Woods missed from inside four feet to halve his match with Francesco Molinari. The Europeans finished with 14 1/2 points while the Americans had 13 1/2.

It was a brutal loss for the Americans, who were poised to win the Ryder Cup for only the third time since 1999 after taking a 10-4 lead midway through Saturday afternoon's matches. But the Europeans rallied to win the final two, then built on the lead by winning the first five matches Sunday. THE ASSOCIATED PRESS

Martin Kaymer of Team Europe celebrates making the winning putt on Sunday in Medinah, Ill. THE ASSOCIATED PRESS

CIS football

Huskies humbled by red-hot Dinos

The University of Saskatchewan Huskies had a tough time in Calgary over the weekend.

The University of Calgary Dinos kept their winning streak alive defeating the Huskies 45-4, on Saturday and improving to 5-0 to start the season.

With the Huskies starting quarterback Drew Burko on the injured list with a broken bone in his non-throwing hand, Chase Bradshaw stepped in and made his first Canadian Interuniversity Sport start, completing five of 25 passes for a total of 81 yards, with two interceptions.

The Huskies currently have a record of 2-3 and will have a chance to rest up with a bye week before they kick off against the University of Manitoba Bisons on Oct. 12 at Griffiths Stadium in Saskatoon. METRO

WHL

Blades push through for OT win

The Saskatoon Blades managed to buck the Swift Current Broncos in an overtime win on Saturday night.

Defeating the Broncos 2-1, it was the Blades' perseverance that sealed the deal, as neither team was able to score during the opening two periods.

The Broncos were the first to light up the board, with Ryon Moser scoring the team's lone goal, two minutes into the third period.

The Blades responded with a power-play goal late in the third by Matej Stransky — assisted by Connor Cox, pushing the game into overtime. Duncan Siemens then assisted on Josh Nicholls' overtime game-winner to wrap up the win for Saskatoon.

The 2-2 Blades are off until Wednesday when they meet the Red Deer Rebels at 7:05 p.m. at Credit Union Centre in Saskatoon. METRO

MLB

Yanks power past Jays late in Toronto

The New York Yankees moved closer to locking up a playoff spot by coming back to defeat the Blue Jays 9-6 in Toronto on Sunday.

Toronto (70-89) had a four-run lead after five innings, but New York pulled even in the seventh. The Yankees added two more runs in the eighth and put the game away with two runs in the ninth. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

♉ Taurus
April 21 - May 21
You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

♊ Gemini
May 22 - June 21
You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

♋ Cancer
June 22 - July 23
Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

♌ Leo
July 24 - Aug. 23
You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

♍ Virgo
Aug. 24 - Sept. 23
You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

♏ Scorpio
Oct. 24 - Nov. 22
Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

♐ Sagittarius
Nov. 23 - Dec. 21
You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

♑ Capricorn
Dec. 22 - Jan. 20
You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

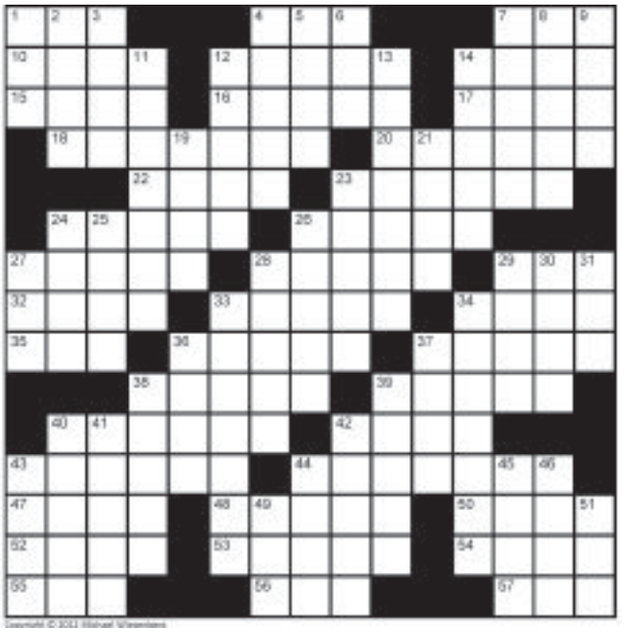
♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

♓ Pisces
Feb. 20 - March 20
When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

BY MICHAEL WIESENBERG



Across
1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' *A ___ of Two Cities*
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships
50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down
1. Island: Fr.
2. Waterproof canvas, for short
3. __-__: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. *Planet of the* ___
31. Married
33. Homo ___: modern humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef (2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7	3	1		5		
		5						3
8			2			6	7	
	3	4		9	6			
			4	7		1	9	
	7	2			8			5
9						4		
		1		6	2	3		

Friday's Sudoku

Sharability

easy — hard

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$119 /Bi-Weekly

2012 HYUNDAI SONATA GL
B5469
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SAVE $5,218

$189 /Bi-Weekly

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B5513
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$95 /Bi-Weekly

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N85511A
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SAVE $6,218

$95 /Bi-Weekly

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N33104A
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SAVE $4,107

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N33144A
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N85554
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B5549
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